

Joyful Movement Guide

1. Create your Movement Menu

What's a movement menu? A movement menu is *YOUR* personal inventory of your favorite ways to move, and they can be *ANYTHING!* Some examples are: walking, cleaning, dancing, gardening, etc.). So, what are some fun ways that you like to move?

1. _____
2. _____
3. _____
4. _____
5. _____

2. What do you do with your movement menu?

When you want to move or exercise and are overwhelmed with where to start, go to your movement menu. Pick one of the activities that you like to do and do what makes sense for that day. If you have had a tough day and are tired, choose something easy and set small goals. Set a timer with 20 seconds or a minute. Whatever makes sense for that day, mentally and physically. Remember to have fun with it!

Journal Prompts

What emotions did you feel when you did some joyful movement?

How did your body feel when you were moving? Why did the movement feel good for you?

What are two of your body's greatest strengths/abilities?

Think about one thing about being healthy related to exercise. How does this make you feel?

Describe a time when you felt proud of your body for it's abilities. Why were you proud?

What are you most excited for about joyful movement? What are you nervous for?

What are the Benefits of Movement?

Moving the body is a valuable part of maintaining health and well-being. Not everyone typically enjoys the things society deems "exercise," such as weight lifting, running, going to the gym or sessions that are rigid with the intention of burning calories or altering the body. There are many benefits of moving the body that do not include weight loss or body alterations.

Increased bone strength, increased stress tolerance, decreased blood pressure, reduced risk for chronic disease, increased levels of HDL "good" cholesterol, increased heart and lung strength, increased metabolism, reduced risk for "silent" stroke, increased satiety cues and appetite regulation, improved mood, improved learning and memory, prevents or delays cognitive decline associated with aging.

